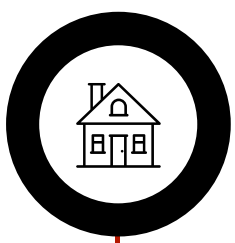


# RETURNING TO JUDO IN THE RED PHASE



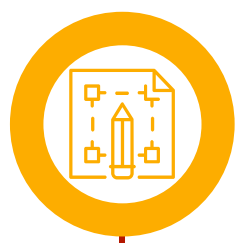
## **LOCKDOWN**

Exercise once a day outside of house on own or with household. Elite athletes resume some activity.



## **RED PHASE**

Organised physical activity, outside for U18's only. Minimal, intermittent contact, such as kumi-kata or uchi-komi is permitted.



## **AMBER PHASE**

Possibility of U18's resuming indoor activities, with adults meeting outdoors. Restrictions to be confirmed.



## **GREEN PHASE**

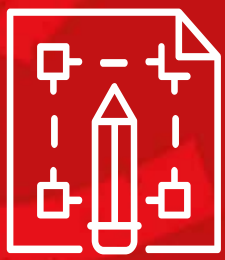
Organised, full-contact judo. Restrictions to be confirmed.



**Organised Outdoor Activity (U18) -** Minimal, intermittent contact such as uchi-komi or kumi-kata; restricted to one training partner. No grappling.



**Symptom Check-** Symptoms self-assessment must be completed. Details for track & trace must be collected and kept securely.



**Follow Government Guidance -** Remember all activity must be in line with Welsh Judo, Public Health Wales and Welsh Government Guidelines.



**Elite Athletes -** Identified elite athletes can be gradually be reintroduced to IJF international tournaments.



**Keep your distance -** Adhere to social distancing when not participating.



**Clean shared equipment before and after use -** Outdoor training equipment is permitted.